

50+ ADULTS **50** **Plus** **Marketplace**



Local News, Profiles, Events & Resources For 50 Plus Adults

November 2023 • Volume 29 • Issue 11

How Older Adults Are Changing America

An aging population is shaking up our country. Why it's happening and what it means? Take a look around. We live in a country that is being transformed in ways both obvious and hidden by older Americans. Our growing numbers and enduring vitality ensure that this disruption will continue to roll through the American economy, culture, society and politics penetrating deep into the very marrow of the nation.

We the people, at midlife and beyond, represent the third-largest economy in the world, after China and the U.S. as a whole. But we are more than just consumers and wealth holders: We are workers, thinkers, influencers and innovators with the power to shape markets and exert pressure on corporations and elected leaders.

Despite decades of rampant ageism in the workplace, the number of workers 65 and older has mushroomed by 117 percent in a span of 20 years, according to the U.S. Bureau of Labor Statistics. Re-

markably, employment of individuals 75 and older has increased by the same percentage.

And the trend is growing strong. "I'm getting a lot of requests by employers to talk to their teams about how they can integrate older workers in their workforce," says Janine Vanderburg, senior strategist for Changing the Narrative, a national campaign funded by the NextFifty Initiative to end ageism.

Hiring older workers is not mere altruism: An estimated 10 million jobs in America are sitting unfilled. This has forced a change in recruitment to target those of all ages, Vanderburg says. Older workers' preference for remote work, especially in retirement, is pushing employers to be more flexible about where work happens. There are also greater opportunities for part-time work.

One company with an informal "phased retirement" program is the financial services firm Principal. Employees 57 and older with at least 10 years of service are able

to transition from full-time to part-time jobs. Principal also has a "boomerang" program that allows former employees to return as part-timers.

Tax preparation firm Jackson Hewitt is increasingly hiring retirees from January through April. "We find that retirees are really great at being interactive with clients and showing empathy," says Alicia Branon, Jackson Hewitt's director of talent programs and attraction.

Another trend is "returnships" short-term employment programs intended to help people who have been out of the workforce ease their way back in. Trimble, a global industrial technology company, has partnered with the nonprofit Path Forward

since 2020 to offer returnships. Most participants then get full-time jobs at Trimble, the company reports.

Finally, AARP continues to expand its Employer Pledge program, in which companies commit to equal consideration of all job applicants regardless of age. Last year, 568 additional companies with a total of 1.5 million employees signed the pledge, up from 477 new signers with 1.1 million workers in 2021. Courtesy Richard Eisenberg with AARP.



Peter and Beth Ornstein Receive 2023 Jim Swaebey Peace Award

Boulder Rotary Club recently recognized Peter and Beth Ornstein as the 2023 recipients of the Jim Swaebey Peace Award. Their recognition comes for their work with the nonprofit organization Sustainable Israeli-Palestinian Projects ("SIPP" – www.sippprojects.org)

The award recognizes outstanding achievement for "the advancement of international understanding, goodwill, and peace through a world of fellowship of business and professional persons united in the ideal of service". It is awarded annually to a person or persons living or working in Boulder County or to an organization based in Boulder exemplifying the ideals of Rotary.

Long-time Boulder residents Peter and Beth Ornstein are founding members of SIPP. Through partnership, expertise and small grants, SIPP supports Israeli and Palestinian communities working on multicultural environmental

and civil society projects that benefit people in the region.

SIPP's work focuses on environmental projects to bolster food, energy and environmental security and on civil society projects that develop leadership and economic empowerment skills. Examples of SIPP's projects include training women about rooftop gardening techniques, providing health and safety training relating to electronic waste, and supporting an environmental education center near Hebron.

Peter is the retired Deputy Regional Counsel with the U.S. Environmental Protection Agency's Denver Office. Beth, the founder and manager of Colorado Mediation Center, LLC, provides mediation and other dispute resolution services to help individuals and organizations resolve conflict.

Peter and Beth Ornstein will have their names inscribed on a plaque and monument to be publicly placed at the Penfield Tate Municipal Building in Boulder.

The Peace Award commemorates the contribution of Boulder Rotarian Jim Swaebey, who gave his time, talent, humor and passion to build a better world. He carried out a life mission to "do an unexpected act of kindness or generosity for someone less privileged."



INSIDE

Meals On Wheels

Page 2

Branson, Missouri

Page 3

Serving Those Who Served

Page 6

Proposition HH

Page 8

Veterans and Military Family Month

Page 11

NOVEMBER Calendar

Tuesday/7

Boulder Genealogical Society presents a free hybrid program on “Researching Ancestors Overseas” at 7 pm at the Calvary Bible Church, 3245 Kalmia Ave in Boulder. Members share their ancestor stories who found websites on researching ancestors overseas. Please register on their website at www.bouldergenealogy.org.

Wednesday/8

Longmont Genealogical Society presents a free hybrid program on “They Gave Their Lives to Save Ours” by Rick Glaggett at 1 pm at the 1st Lutheran Church Friendship Room, 3rd and Terry Sts., in Longmont. He will talk about the use of dogs in the U. S. military from the Civil War to the present day. Please register on their website at <https://longmontgenealogicalsociety.org>.

Saturday/11

The Veterans Day parade starts at at 11:11 a.m. in downtown Longmont. The parade will start on Eighth Avenue and head south on Main Street to Third Avenue.

The Colorado Gerontological Society presents free videos on senior related issues including Medicare, Tabor Refund, etc. at <https://www.youtube.com/@COGerontology/videos>.

AARP presents many free on-line classes on senior related topics such as driving, exercise, movies, nutrition, yoga, and more. Visit their website at <https://local.aarp.org/virtual-community-center> to learn more about their online classes.

The Alzheimer’s Association presents free online classes including warning signs, financial and legal support, and caregiver helps on their website at <https://training.alz.org>.

Check individual venues for current information

Calendar sponsored by:
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We Care

Meals On Wheels Of Boulder’s Impact On The Community!

Meals on Wheels of Boulder has been bringing health and humanity to the table since 1969. In 2022, they delivered and served close to 79,000 meals. Currently, they deliver around 270-280 meals per day and serve over 1,000 meals per month at The Eat Well Café.

Each weekday, friendly volunteers deliver hot, nutritious meals to Boulder neighbors in need. They also deliver much needed social interaction.

“The drivers are actually my connection to the outside world. I tell people the drivers are my social media. I am very grateful for MOW Boulder in all ways, food, staff, and volunteers!” – Jackie, a client

Meals on Wheels of Boulder

also has a service called Project Homecoming. If you are transitioning from hospital to home, regardless of age or income, you may be eligible for 5 free meals to help you heal.

Enrollments for Meals on Wheels of Boulder are increasing, but so are the costs for food, containers, and other operational costs. They are averaging around \$35,000 a month for their food costs. All support is appreciated.

During this holiday season there are several opportunities to support Meals on Wheels of Boulder:

- Make a donation for Colorado Gives Day, November 1 - December 5 www.coloradogives.org/mowboulder
- “Sweeter than Pumpkin Pie” with 15% off pumpkin

pie from November 13-22 at the Niche Market, 3701 Canfield Street, Boulder, CO, Monday – Friday 9am – 6pm, Saturday 10am – 4pm.

- Merry Quiche-mas promotion in December at their Niche Market.

- Have lunch at the Eat Well Café, Monday – Friday from 11 am - 1pm, 909 Arapahoe, Boulder -West Age Well Center. Each lunch benefits the organization.

- Make a donation and send to Meals on Wheels of Boulder, 3701 Canfield Street, Boulder, CO 80301.

For more information about the Meals on Wheels or Project Homecoming programs, visit www.mowboulder.org.

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CU Presents “9 to 5 The Musical”

Based on the 1980 hit movie, “9 to 5 The Musical” is an outrageously funny tale of friendship and revenge in the Rolodex era. Pushed to the boiling point, three female coworkers concoct a plan to get even with their sexist, egotistical, lying, hypocritical bigot of a boss. In a hilarious turn of events, Violet, Judy and Doralee live out their wildest fantasy – giving their boss the boot! While he remains “oth-

erwise engaged,” the women give their workplace a dream makeover, taking control of the company that had always kept them down.

“9 to 5, The Musical” is presented by the CU Boulder College of Music’s Musical Theatre program. Talented students present golden-age mainstays, contemporary Broadway hits, cabaret and developing new musicals. The productions are guaranteed to entertain

and enlighten all audiences about the wonderful world of musical theatre. Dolly Parton created the original music and lyrics, Patricia Resnick wrote the book, 20th Century Fox created this popular movie, and Robert Greenblatt created the Broadway program in 2009. The production is presented through a special arrangement with Music Theatre International. This production includes some mild adult situations and language.

The musical production will be held on November 9 to 12 at the Imig Music Building, 1020 18th St. in Boulder. CU Presents charges a 10% service fee for single tickets (or a \$10 + 2% fee for season tickets). Group sales are charged a flat \$15 fee per order. No fees are charged for night-of-show purchases at the performance. Tickets range from \$27 to \$40. Purchase tickets online at <https://cupresents/ticket-info> or call 303-492-8008.



CONTACT

How To Reach Us

email

robert@50plusmarketplaceneews.com

phone

303-694-5512

mailing address

4400 Sioux Dr.
Boulder, CO 80303

website

www.50plusmarketplaceneews.com
www.facebook.com/50plusnews

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50 Plus Marketplace News, Inc. encourages contributions from readers and business in the form of articles, schedules and reported events. Articles and other written material 300 words or less are to be emailed to sales@50plusmarketplace news.com. Faxes and hand-written materials are not accepted. Pictures with captions are appreciated. Digital photos are accepted (170 to 300 dpi, JPEG files) and also emailed.

DEADLINE

10th of the Preceding Month

Advertising supports all publication efforts. Call 303-694-5512 to request a media kit. Ads are accepted until the 16th of the month, provide by email in PDF, or JPG files. Ad space is provided in column-inches, equating to fractions of a page, up to a full page, with many sizes to choose from. We have an excellent graphics design team by request.

Publisher/Editor

Robert A. Trembly II

Chief Financial Officer

Michael Gumb

Contributing Writers

Boulder County Senior Centers
Boulder County Agencies
& Businesses

Marketing Director

Bob Larson

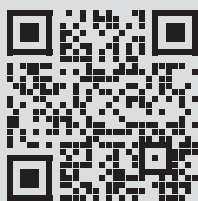
Product Consultants

Michael Buckley
Robert Trembly

Design/Production

Kit Brown

Smart Phone Access



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Ron Stern

If you've never considered Branson, Missouri, as a vacation destination, you have been missing out. From world-class live entertainment to down-home country food to unbelievable attractions, this little city has it all.

Known as "The Live Entertainment Capital of the World," there are so many shows going on that you might have a hard time choosing. My suggestion is to start with The Haygoods, billed as the number-one show in Branson. This talented family puts on a light and musical extravaganza that is simply amazing!

Driving along what they call, "The Strip," you might think you are in Las Vegas. Both sides of the highway are chalk full of family-friendly attractions that rival anything you might find in a big city. This includes diversions such as a Titanic Museum, live shows, restaurants, jeep and helicopter tours, veteran's memorials, a can't-miss attraction called FlyRide and so much more.

The Downtown Historic District is great for dining and shopping. Dick's 5 & 10 is an iconic variety store operating for more than 60 years and is a popular spot for browsing their endless isles of nostalgic merchandise.

What was formerly the Chicago Navy Pier Ferris Wheel has been relocated here. The 150-foot tall attraction rotates slowly with grand views of the Ozarks accompanied by a spectacular music and light show.



Of the 300 or so restaurants here, I really enjoyed the Farmhouse Restaurant (don't miss their blackberry cobbler.), Oscar's Famous Ribs, and the Transylvania Bakery and Cafe.

Ron Stern's Travel Series

The Many Charms of Branson, Missouri

Silver Dollar City, was named America's #1 Theme Park," and is an 1880s-style theme park complete with 100 craftsmen demonstrating old-time (lost) arts. It is also where you can find top-rated adventure rides, Broadway-style shows, and food you won't find anywhere else. Think skillet dishes such as chicken and andouille gumbo over cheese grits and you will get the idea.

There are many other not to miss

venues. Some of these include The Showboat Branson Belle, Aquarium on the Boardwalk, Branson Landing and The Site and Sound Theater.

This is a patriotic city that honors seniors, families and veterans. Make sure you include Branson, Missouri in your upcoming travel plans.

This was a sponsored visit, however, all opinions were honestly reviewed.



Large Skillet at Silver Dollar City.

Photo courtesy of Branson Convention and Visitors Bureau

Medicare Plan Options Local Support Matters!

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Poetry Rising

Welcome to the rich season of colors changing, blankets of white in the morning, and the distant sound of holidays creeping in and around the windows and doors—bringing delight and chaos all in one breath. Looking for ways to stay grounded in what feeds us inside as we begin creating the familiar smells of family recipes building up to the big days of food and frivolity and gratitude.

Once in a while, a surprise gift comes our way...
and all we have to do is wake up.

MOONBATH

This morning,
in that magic waking moment
just before dawn,
the full moon chose
to bathe me
in its light.

A far cry from yesterday,
when I was awash in tears.

May this light be an omen.
One thing is for sure.
It's already a special day.

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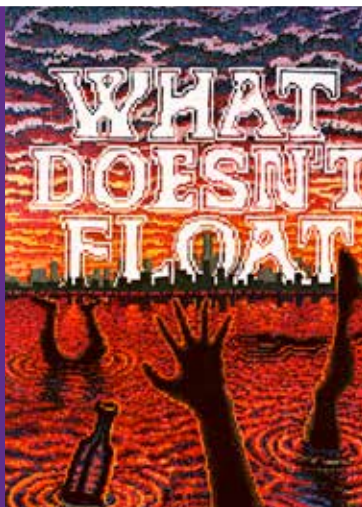
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NOVEMBER 2 - 12, 2023



MONTHLY BOEDECKER THEATER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:00 Periodical 4:00 How to Watch a Movie 7:00 Strange Way of Life 29	7:00 Classics with Jeffrey: Blithe Spirit 30	31	7:00 What Doesn't Float 1	4:30 What Doesn't Float 6:30 BJFF: Rock Camp 2	12:30 BJFF: Only in Theaters 3:00 BJFF: Shorts Program 7:00 What Doesn't Float 8:30 FNW: Where the Devil Roams 3	4:00 Cat Video Fest 6:00 What Doesn't Float 7:30 Cat Video Fest 4
12:00 BJFF: Shorts Program 3:00 BJFF: SHTTL 6:30 BJFF: The Klezmatiks: On Holy Ground 5	12:30 BJFF: June Zero 3:00 BJFF: Barren 6:30 BJFF: June Zero 6	12:30 BJFF: 1341 Frames of Love and War 3:00 BJFF: Four Winters 6:30 BJFF: 1341 Frames of Love and War 7	12:30 BJFF: SHTTL 3:00 BJFF: March '68 6:30 BJFF: Stay With Us 8	12:30 BJFF: Four Winters 3:00 BJFF: Vishniac 6:30 BJFF: The Man Without a World 9	12:30 BJFF: Elik and Jimmy 3:00 BJFF: Reckonings 8:30 FNW: Divinity 10	2:00 Common Ground 4:30 Common Ground 7:00 BJFF: Only in Theaters 11
12:00 BJFF: Elik and Jimmy 2:30 BJFF: Farewell, Mr. Haffmann 6:30 BJFF: Idina Menzel: Which Way to the Stage 12	7:00 Classics with Jeffrey: The Bad and the Beautiful 13	14	4:30 Story Ave 7:00 Full Circle 15	4:30 Full Circle 7:00 Story Ave 16	2:00 Full Circle 4:30 Story Ave 8:30 FNW: Satan Wants You 17	10:30 Story Ave 12:30 Full Circle 3:00 BENOFF: Deep Rising 6:00 BENOFF: Nothing's For Free 8:30 Dairy Comedy in The Boe 18
1:30 Full Circle 4:00 How to Watch a Movie 19	20	21	4:30 My Sailor, My Love 7:00 Radical Wolfe 22	THANKSGIVING 5:30 Radical Wolfe 7:30 My Sailor, My Love 23	4:00 My Sailor, My Love 6:30 Radical Wolfe 8:30 FNW: The Casandra Cat 24	6:00 Radical Wolfe 8:00 My Sailor, My Love 25
1:30 My Sailor, My Love 4:00 How to Watch a Movie 26	27	28	4:30 The Road Dance 7:00 Roots of Fire 29	4:30 The Road Dance 7:00 Roots of Fire 30	4:00 The Road Dance 6:30 Roots of Fire 8:30 FNW: Cat Person 1	3:00 The Road Dance 5:30 Roots of Fire 7:30 Cat Person 2

Mental Health To Our Veterans: Serving Those Who Served



Dr. David Remmert

To have served your country with distinction and honor is one of the most noble pursuits I know. To subject oneself to overseas deployment and potential active combat must be terrifying. To suffer from the trauma inflicted by combat is debilitating. I know this not from personal experience, but because I've listened to countless stories as vets have shared their horrors and their pain. With inspiring vulnerability, vets have given me a glimpse into some of their worst days and worst experiences, and allowed me to grieve and process alongside them.


No, I don't claim to know what it's like to be 'outside the wire,' and I wouldn't dishonor you by reducing your experiences to a cluster of symptoms. What I do know is that many veterans suffer from these experiences and might benefit from the care we provide. I understand the reluctance that comes from a 'you weren't there' mentality, but there are people who do what I do and were there. Don't hold onto your pain like a

warm blanket if you suffer. Seek out someone(s) you can unburden yourself with and know that you are not the sum total of your trauma.

We owe our veterans a huge debt of gratitude. At some time in their lives, they experienced a proscribed period where they voluntarily separated themselves from their families and communities. In many cases, they entered very dangerous areas of the world and risked their lives so that we might freely live ours. We thank all veterans for their service, and we offer ours in return.

Dr. David Remmert is a Longmont-based psychologist at Mental Health Partners, a community mental health nonprofit serving Boulder and Broomfield counties since 1962.

Find Einstein



Can you find the hidden Einstein in this paper?

Ageism Matters How To Change The Narrative On Aging

To counter ageism, we have to think, talk and act differently about aging. But, how do we do that? Each of us can do something, from changing our words to sending a card to advocating for ourselves.

Our organization began in 2018 with training people in reframing aging. The words we use and the stories we tell reflect and influence our beliefs. The response was overwhelmingly positive and we gave over 40 seminars in person that year.

Through this, we also began learning that this was just the start.

People told us of workplace age discrimination. We learned that most of us do not have intergenerational relationships outside our family. We saw clearly how ageism impacts our health and even survival.

There are three research-proven solutions to ageism: education, intergenerational connections and policy change. We dug into all three, using strategic communications to reach people.

This led to new campaigns and workshops that provide the background and tools we need to un-

derstand ageism and do something about it - in our workplaces, our healthcare and society in general.

We've reached people across the country and world through social



Kris & Sara

media and earned media with campaigns like our Anti-Ageist Birthday Cards and Guidelines for Age-Friendly Communications. Our Intergenerational Conversation Toolkit and movie Antidotes for Ageism have been downloaded hundreds of times. We co-founded the Older Worker Policy Collaborative in Colorado which recently celebrated the passage of the Job Application Fairness Act. On our website you can find all this and more.

We've evolved by responding to your input. Learn more in our Five Year Report on our website. Find a way to get involved. Together, we can end ageism.

Sara Breindel & Kris Geerken are Co-Directors of Changing the Narrative, www.ChangingtheNarrativeCO.org, the nation's leading effort to change the way we think, talk and act about aging and ageism.

Technology is Hip! 3D Printed Homes of the Future



Bob Larson

Our government estimates the U.S. is short about 3.8 million housing units, both for rent and for sale. Builders cannot keep up with the demand and prices keep rising!

A recent 60 Minutes TV program discussed 3D printed homes using this latest technology. According to Jason Ballard, founder of Icon, he sees 3D printing as the future of housing construction. As a startup that uses 3D printing in place of traditional home construction, Ballard believes strongly that the multi-step labor intensive process of framing walls and hanging drywall in new homes will be replaced by 3D printing robots.

Jason indicates 3D printed homes will be more energy efficient by 2 1/2 times, much stronger by 3 1/2 times, exceeding 200 mph winds, much higher fire rating, resists termites and flooding, eliminates any labor shortages, lasts longer, and does it faster than traditional methods.

He started his new venture in Texas, where he built a homeless community as a test using 3D printing. Icon is currently building the world's first large community of 3D-printed houses north of Austin, Texas. A four-bedroom 3D printed home will cost about \$400k. Each of the 100 houses starts with pumping a special blend of concrete into the robotic printer. The 3D printer completes the home in two weeks versus several months using traditional construction methods.

His next venture with the help of NASA is to create 3D printed landing pads, roads, buildings, and homes on the moon and eventually Mars for the astronauts and workers. NASA gave Icon a \$57 million contract to build the new 3D robots for the moon within a decade. The laser equipped 3D robots won't be using concrete, but using the existing lunar soil, (aka regolith) on the moon to build the proposed structures.

This is another great use of technology to enhance our human lives.

Bob Larson is a technologist and our Marketing Director.

Now Hear This Diabetes and Hearing

While it may seem like a strange connection, research has shown there is a link between diabetes and hearing loss. Studies have shown that people with both type 1 and type 2 diabetes have a higher risk of developing hearing loss compared to those without diabetes. At this point, we haven't quite figured out why that is, but we do know there is a connection.

Some researchers believe it has to do with high blood sugar levels and damage to the vessels and nerves in the body, including the auditory system (the body's system for hearing and processing sound). They also believe the longer someone has diabetes, the higher the risk of that person developing hearing loss. This is why doctors are now recommending that people with diabetes start to include hearing screenings as part of their healthcare routine.

Research also shows that people with diabetes are more likely to experience sensorineural hearing loss, which is the most common type of permanent hearing loss. This kind of hearing loss usually means soft sounds are hard to hear and



Dr. D'Anne Rudden

that louder sounds may sound muffled or unclear.

It is believed that maintaining good diabetes management, like controlling blood sugar levels, can help reduce the risk of developing hearing loss, and it may even slow its progression. As with most conditions, the sooner you notice hearing loss and address it, the better your chances of finding the solution you need. If you are experiencing hearing loss, whether you have diabetes or not, be sure to see an audiologist to get all the help you need!

In practice for over 28 years, Dr. D'Anne Rudden is a Doctor of Audiology, board certified by the American Board of Audiology. Dr. Caney Demars joined the practice in 2020, adding 5+ years of experience and a passion for serving our community! Dr. Rudden is one of six founding members and Project Manager for Hearing the Call Colorado, a non-profit that helps income-qualified people get access to hearing healthcare. To date, they've provided 214 people in Colorado with hearing aids, 48 of those right in Longmont!

Pets Are Family Winter Tips For Dogs And Cats



Judy Calhoun

As the temperature drops and winter sets in, it's essential to ensure our beloved furry companions stay warm and comfortable. Cold weather can be rough on your pets, but with a few simple tips and tricks, you can help keep them cozy and safe throughout the chilly season.

When outside, keep your pets' paws safe. Salt and ice melt chemicals used on roads and sidewalks can be harsh on their paws. Be sure to wipe their paws with a warm, damp cloth to remove any residue. Additionally, consider using pet-safe ice melt products on your driveway and sidewalks.

Adjust your pet's diet as need. They may require more calories during the winter to maintain their body temperature. Consult your veterinarian with supporting your pet's nutrition during the cold months. Along with their nutrition, regular grooming is essential, especially for long-haired pets. Keep their fur well-maintained to prevent matting, which can trap cold air close to their skin.

Despite the cold temps and slippery sidewalks, it's important to stay active in the winter. Daily exercise will promote your pet's

blood circulation, which helps prevent frostbite and ensures their extremities (ears and paws) stay warm. A physically active pet will have a higher core body temperature, making them more comfortable in the cold. Keep an eye on your pets for signs of cold stress, such as shivering, lethargy, or seeking warmth. If you notice these symptoms, bring them indoors and provide additional warmth.

While inside, ensure they have a comfortable and warm bed to rest. I know this is probably a given, but it's important to ensure the bed is in a cozy area of the house, and not near drafts from doors/vents or noisy, high-traffic areas.

Learn more at nocohumane.org.

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C	E	D	E		R	E	S	T	S		R	E	T	E

We Care

Reflections Nature's Colors



Martha Coffin Evans

As I look at the beauty of the November sunsets, I'm reminded of a quote I heard years ago: "November sunsets are the dividends paid by the year before closing its books." How true that seems to me.

These sunsets along with the beautiful colors found in the sunrises, should we be awake to see them, are reminiscent of stained glass. Having created several stained glass pieces years ago, their amazing colors provide much to be admired. Whether pastels or brilliant oranges, rusts, red, complemented with blues, their patterns appear endless and unique. Possibly hues of green appear in these morning and evening spectacular shows.

Nature gives us other beautiful and colorful patterns in granite. If you've ever visited a granite warehouse with the intent of finding something new for your kitchen or

bathroom counters, the immense array of colors is mind boggling. Who knew about these incredible color schemes unless on the quest for a home remodel.

While I don't understand the science behind the colorful skies or what makes granite so varied and impressive, I can appreciate them both. Most likely, sky gazing is the least expense of these options for admiring nature at work.

Take a stained glass class and enjoy the challenge of cutting, shaping and soldering your piece which you'll have for years of enjoyment. Or, feel free, to select that special piece of granite. It might cost a tad more than the other works of nature although it will be enjoyed daily for years to come as well.

What's your favorite display of nature's colors at work? All are priceless in their own unique way.

Martha (Marty) Coffin Evans, Ed.D., freelance writer with MACE Associates, LLC., can be reached at ismemartee@aol.com. Find her others writings on www.martycoffinevans.com.

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Boulder Non-Profit Arts & Culture Industry Promotes Economic Outlook

The nonprofit arts and culture industry generates \$115.1 million in annual economic activity in Boulder - supporting 2,451 jobs and generating \$21.9 million in local, state, and federal government revenues, according to the Arts & Economic Prosperity 6 national economic impact study. Arts & Economic Prosperity 6 (AEP6) was conducted by Americans for the Arts, the nation's leading industry group committed to advancing the arts and arts education. Building on its 30-year legacy as the largest and most inclusive study of its kind, AEP6 uses a rigorous methodology to document the economic and social contributions of the nation's nonprofit arts and culture industry, and demonstrates that arts and culture are a critical economic driver of vibrant communities locally as well as nationally.

Results show that nonprofit arts and culture organizations in Boulder spent \$53.5 million during fiscal year 2022. This spending is far-reaching: organizations pay employees, purchase supplies, contract for services and acquire assets within their community. Audiences spent an additional \$61.6 million in event-related expenditures, such as eating dinner in local restaurants, paying for parking, buying gifts and souvenirs, and paying a babysitter. What's more, attendees from out of town often stay overnight in a local hotel. The total direct economic impact of both arts nonprofits and their audiences was more than \$115 million in 2022.

The nonprofits sustained 1,711 jobs, and \$51.6 million in household income for local residents. All that audience spending supports a further 740 jobs in the community. In addition, during 2022, a total of 4,333 volunteers donated a total of 152,746 hours to the nonprofit arts and cultural organizations that participated in the study about Boulder. This represents a donation of time with an estimated aggregate value of \$5.2 million. In-kind contributions showed an aggregate estimated

value of over \$1.9 million. Together, these donations of time and energy demonstrate a deep engagement with the city's arts and culture. Direct spending, audience spending, and the arts workforce in Boulder generated \$21.9 million in local, state, and federal government revenues, with more than \$4 million of that returned to city and county coffers.

Nationwide, the Arts & Economic Prosperity 6 study reveals that the nonprofit arts industry produces \$151.7 billion in economic activity every year, resulting in \$29.1 billion in federal, state, and local tax revenues (a yield well beyond their collective \$5.49 billion spent in arts funding), 2.6 million full-time equivalent jobs and \$101 billion in personal income.

AEP6 also demonstrated the social impact of the arts in Boulder and the important role they play in supporting the well-being of Boulders residents and guests. Attendees to events stated that:

- 87% agree that "This activity or venue is inspiring a sense of pride in this neighborhood or community."

- 85% agree that "I would feel a great sense of loss if this activity or venue were no longer available."

- 82% agree that "My attendance is my way of ensuring that this activity or venue is preserved for future generations."

- and 78% agree that "This venue or facility is an important pillar for me within my community."

"The AEP6 research demonstrates the profound impact of the arts on Boulder, as both an economic engine and catalyst for social growth and unity," says Cris Jones, the director of the City of Boulder Community Vitality Department. "We are proud to see that the city's investment in the arts of nearly \$15 million dollars over these past eight years, as well as initiatives like the Community, Culture, and Safety Tax, are having a real impact, together with the passion of audiences and the support of donors."

Colorado Gerontological Society

Proposition HH - Property Taxes, Tabor Refunds



Eileen Doherty

Denver CO. The State legislature passed Proposition HH with important tax changes for property owners. Learn more about how it will affect renters and homeowners. Property tax revenue in Colorado is set to increase by nearly \$4 billion next year. Statewide, residential assessments are going up 40%. This is nothing short of a property tax crisis. In response the Colorado Legislature has referred Proposition HH to the voters in November.

Proponents

1. The average homeowner will save \$600 every single year and will get an increased TABOR refund of \$820 this year.

2. Prop HH places a cap on local district property tax collections at the rate of inflation. If revenues exceed the cap, the local government must reduce its property tax rate (mill levy). If the governing body of a district wants to retain revenue over the cap, it must send a

notice to property owners, convene a meeting with public testimony, and vote to retain any amount of revenue over the cap.

3. Makes the Senior Homestead Exemption portable.

Opponents argue:

1. Prop HH drops residential assessment rates only slightly, from 6.76% to 6.7%. The commercial assessment rate drops from 27.9% to 27.85%. If HH passes, these changes will provide only \$300 million in "relief" from the projected \$4 billion increase. That means an approximate \$3.7 billion increase in property taxes.

2. Ends Tabor Refunds - HH raises the TABOR cap by 1% beyond inflation plus population growth each year. That means, if HH passes, the state will be able to keep and spend \$10 billion of your TABOR refunds over the next decade.

To learn more about the pros and cons, visit our <https://www.youtube.com/user/COGerontology>.

Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society.

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Platte River Power Authority to Present Future Plan in Longmont

Platte River Power Authority, Longmont's wholesale power provider, will visit the Longmont Museum on November 13 to discuss its 2024 Integrated Resource Plan (IRP), its "road map" for the future of the region's electric generation. The free community engagement session will start at 6:30 p.m. on November 13 at the Longmont Museum, 400 Quail Road. Platte River.

The power consortium is co-owned by the communities of Longmont, Loveland, Estes Park, and Fort Collins, who will provide an update on the resource planning process. All Longmont residents are invited to attend to ask questions and engage with Platte River's resource planning and external affairs teams as they continue to develop the 2024 Integrated Resource Plan.

"For 50 years, Longmont and Platte River have worked together to provide reliable power that meets our community's needs now and into the future," said Darrell Hahn, director of Longmont Power & Communications (LPC), the city's electric utility. "We appreci-

ate this opportunity for our residents to have this process literally brought home to them, so that they can more easily take part and learn more about the energy transition that's being made."

Both Longmont and Platte River have a goal of achieving 100% non-carbon power generation by 2030, provided system reliability, environmental responsibility and financial sustainability can be maintained. All of Platte River's coal-powered generation will be taken out of service by the end of 2029; Platte River has been adding more wind and solar generation to its portfolio while also making plans for reserve power sources in the event of a "dark calm" where energy cannot be drawn from the sun or wind for extended periods of time.

"We are excited to engage with Longmont residents about where we are in our integrated resource planning process," said Javier Camacho, director of public and external affairs, strategic communications, and social marketing for the company.

Genealogy Rocks!



Carol Darrow

I recently played out in the streets until the street lights came on. We did not have bike helmets – we didn't even have bikes. We had roller skates that clamped onto our shoes. When the skates got worn, my father nailed them to a wooden scooter he built for me.

Growing up in the early 1950s, we played school, war, and hospital. We sold Kool Aid to our friends and set up a primitive haunted house in the alleyway. I looked up the house of Aggie, Annie and Johnny Pat. Across the street was Billy Schmidt's house where we played school. On the next block were Elizabeth Long and Annie Cooper.

Amazingly enough, they all had parents and extended family that I never knew about. Their parents worked for the city or the machine shop or the grocery store. What an exciting afternoon as I toured the old neighborhood and recalled many happy days.

Carol Cooke Darrow is a Denver-based professional genealogist who teaches classes throughout the area and facilitates the WriteNOW family writing group on Zoom.

I was reported as a four-year-old as of April 1, 1950 because my birthday is in May. I was almost five years old. We had recently moved to this house earlier in 1950 and we lived there until 1957. For me the excitement was identifying my former playmates in the neighborhood.

We were the generation that

Even though the 1950 census was released on April 1, 2022, many people haven't bothered to look at it. Most of us in the older generation will probably find ourselves or our siblings in that census. But because we "know" what was happening in 1950, we seem less interested.

We were the generation that

We were the generation that

We were the generation that

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MEDICARE MONDAY

WEEKLY MEDICARE TOPICS FOR OLDER ADULTS

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2024 Medicare Changes

In-Person Meetings (Starting at 9:30 a.m.)

Nov. 6: Good Samaritan Society (Fort Collins Village), Garden Square (Greeley), and Inner City Parish (Denver)

Nov. 13: River Pointe Senior Living (Littleton) and Cherry Creek Retirement (Aurora)

In-Person Afternoon (Starting at 1:30 p.m.)

Nov. 6: Foothills Parks and Recreation (Littleton)

Wednesday!

LUNCH & LEARN

All Virtual Meetings (Zoom-Only)

Nov. 1: 12:00 p.m. to 1:00 p.m.

What is the Difference: Medicare Supplement & Medicare Advantage

Nov. 8: 12:00 p.m. to 1:00 p.m.

Medicare Benefits: Home Care, Nursing Home & Hospice Care

Nov. 15: 12:00 p.m. to 1:00 p.m.

Medicare: The Little Things You Need to Know

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Rocky Mountain National Park Winter Activities

Even though Trail Ridge Road will be closed for the winter, there are many winter activities at the lower elevations. This is a magical time to visit the park, a time when there are fewer crowds and it's easy to enjoy both solitude and snow on a winter wilderness adventure.

However, there are unique challenges associated with the winter and spring seasons to be prepared for: snowpacked and icy roads, temperatures that frequently drop below freezing, as well as seasonal road closures. Extra planning is key to a successful winter adventure in Rocky Mountain National Park.

With elevations ranging from 7,800 feet to over 14,000 feet, winter conditions can greatly vary in the Rocky Mountains. The winter season, especially at locations above 8,000 feet, can stretch from late September or early October to late May or early June.

While March and April may signal the arrival of warm, sunny days in many parts of the U.S., that does not hold true in Rocky Mountain National Park. Historically, March and April are among the snowiest months in the State of Colorado, especially at high elevations. If you are planning for a spring break trip, or even a trip in

early to mid-May, pack your snow-boots, and warm clothes! You need to be ready for winter conditions.

Did you know that many of the park's winter trails, including destinations in the Bear Lake and Hidden Valley areas, are located within significant avalanche terrain? Avalanches can be triggered by snowshoers, winter hikers, backcountry skiers, and even wildlife.

And last, the winter season creates some unique wildlife viewing opportunities. To learn more about how to safely view wildlife, please visit their Wildlife Viewing page at www.nps.gov/romo/plan-yourvisit/wildlife_view.htm.

Rocky Mountain National Park has six live webcams located at Alpine Visitor Center, Kawuneeche Valley, Glacier Basin Campground, Longs Peak, Fall River & Beaver Meadows entrances. Visit their website at www.nps.gov/romo/learn/photosmultimedia/webcams.htm.



Origins of Thanksgiving

The Thanksgiving holiday's history in North America is rooted in English traditions dating from the Protestant Reformation in the early 1500s. It includes the harvest festival in New England that occurs well before the late-November date on which the modern Thanksgiving holiday is celebrated.

Pilgrims and Puritans who emigrated from England in the 1620s and 1630s, carried the tradition of Days of Fasting and Days of Thanksgiving with them to New England. The modern Thanksgiving holiday tradition is a well-recorded 1619 event in Virginia and a sparsely documented 1621 celebration at Plymouth, Massachusetts. The 1621 Plymouth feast and thanksgiving were prompted by a good harvest, which the Pilgrims celebrated with Native Americans, who helped them get through the previous winter by giving them food during that time of scarcity.

Thanksgiving proclamations were made mostly by church leaders in New England until 1682, and then by both state and church leaders through the American Revolution. Our first President George Washington proclaimed the first nationwide thanksgiving

celebration in America marking November 26, 1789 as a day of public thanksgiving and prayer.

Since then, Thanksgiving in the United States has been observed on different dates. The final Thursday in November had become the customary date in most U.S. states by the beginning of the 19th century. In 1939, President Franklin D. Roosevelt signed a presidential proclamation changing the holiday to the next to last Thursday in November for business reasons. However in 1941, he signed a joint resolution of Congress changing the national Thanksgiving Day back to the fourth Thursday in November.

The "Holiday Season" generally begins with Thanksgiving. Currently, the first day after Thanksgiving Day, Black Friday, marks the start of the Christmas shopping season followed by Cyber Monday for the online shoppers. Enjoy for the holidays! Article courtesy of Wikipedia.



Social Security Today

Social Security Cost-of-Living Adjustment for 2024

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2 percent in 2024.

The 3.2 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 66 million Social Security beneficiaries in January 2024. Increased payments to approximately 7.5 million SSI recipients will begin on December 29, 2023. (Note: some people receive both Social Security and SSI benefits)

The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600.

The earnings limit for workers who are younger than "full" retirement age will increase to \$22,320. (We deduct \$1 from benefits for each \$2 earned over \$22,320.). The earnings limit for people reaching their "full" retirement age in 2024 will increase to \$59,520. We deduct \$1 from benefits for each \$3 earned over \$59,520 until the month the worker turns "full" retirement age. There is no limit on earnings for workers who are "full" retirement age or older for the entire year.

In December 2023, Social Security COLA notices will be available online to most beneficiaries in the Message Center of their Social Security account.

The purpose of the COLA is to ensure that the purchasing power of Social Security and Supplemental Security Income (SSI) benefits is not eroded by inflation. It is based on the percentage increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year a COLA was determined to the third quarter of the current year. If there is no increase, there can be no COLA.

The CPI-W is determined by the Bureau of Labor Statistics in the Department of Labor. By law, it is the official measure used by the Social Security Administration to calculate COLAs.

Congress enacted the COLA provision as part of the 1972 Social Security Amendments, and automatic annual COLAs began in 1975.

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Turkey Carving Tips for Thanksgiving

(StatePoint) Cooking is only part of Thanksgiving prep. For many hosts, carving the bird represents the most intimidating feast feat.

Don't chicken out! There are some quick tips you can follow to demystify the process, from the carving experts at Smith's Housewares, a manufacturer of innovative knife sharpeners and kitchen tools:

- The first thing you will want to carve out is a proper amount of time to cook the turkey. When coordinating your schedule that morning, keep in mind that between taking the turkey out of the oven and cooking it, you should allot about 20 minutes. This waiting period is not frivolous. It makes the handling of the hot turkey easier on your hands, and gives the meat's juices crucial time to redistribute.

- If your turkey is tied, remove the string first. Start by removing each leg and thigh from the body of the turkey, using your hands to separate, and your knife to slice through the meat.

- Next, separate the thighs from the legs by pulling on a leg and using your knife to slice. Target the 'V' area with your knife, feeling around until you find the joint. Slice the meat away from the thigh bone and place it directly on your serving platter.

- The next step is to remove the wings using a similar method. By identifying where the joint is; you can avoid slicing bone.

- Using an even stroke, slice each

breast from slightly off the mid-line. Slice down, gently pulling the breast away on the side you've chosen. Slice each breast into quarter inch thick slices. Place on your platter. Alternatively, cut slices of breast directly off the turkey, parallel to the rib cage. Just ensure you keep the slices even on both sides.

- Be a sharp chef. To make the job smooth sailing, and avoid tearing the meat and making a mess, use a sharp, straightedge knife and a carving fork to steady your meat. You'll save time and energy and get better results.

- In the days leading up to the holiday, make sure your kitchen is ready to go by sharpening all the knives you will need for food prep that day, particularly your turkey carving knife. A compact electric knife sharpener is a great kitchen essential to have on hand for everyday use, as well as for major holiday feasts, as it is ideal for precise sharpening of straight edge knives. Those from Smith's Housewares feature a manual slot for polishing a freshly ground edge or a quick touch-up of already sharp knives.

- Add a garnish to the serving platter to make your turkey a feast for the eyes. As the main course, it deserves a bit of extra flair. Fresh in-season herbs, fruits and vegetables all work well to complete the look.

Don't let the final throes of preparation be the most difficult on Turkey Day. All you need are the right, well-maintained tools and proper technique.

Four Ways You Can Observe National Veterans and Military Family Month

(StatePoint) When was the last time you thanked a military member or veteran for their service? November is National Veterans and Military Family Appreciation Month and an excellent time to celebrate, support and honor service members.

That's why Points of Light, a global nonprofit organization dedicated to mobilizing people to take action that changes the world, is sharing ways you can get involved, along with the stories of former military members already doing so. From volunteering to donating and beyond, these ideas are based on the Points of Light Civic Circle®, a framework that highlights nine pathways to boosting social impact.

1. Listen and learn. Being informed about an issue can help you think more critically, make better decisions and lend stronger support. Check out two podcasts created by Military OneSource. Covering topics like deployment, casualty assistance, money management and parenting, they are designed to help military members and families thrive, and can help others understand the difficulties of military life.

2. Volunteer. Hands-on support is some of the most impactful work you can do in the nonprofit sector, and organizations rely heavily on volunteer power to carry out their missions. The American Red Cross is currently recruiting case-workers for military members, veterans and families. This volunteer role requires some training, but can be carried out from anywhere, and shifts are flexible. Whether you're looking for remote or in-person volunteer opportunities, search Points of Light Engage, the world's most comprehensive database of volunteer opportunities

around the globe.

3. Donate. Nonprofits and NGOs are dependent on donations to pay their staff, recruit volunteers and execute their high-impact work. This year marks Wounded Warrior Project's 20th anniversary. You can support its mission of providing career and VA benefits counseling, mental health support, adaptive sports initiatives and more, by making a donation for National Veterans and Military Family Appreciation Month.

4. Celebrate, thank and honor veterans. Veterans and their family members are everywhere – from working alongside you to doing everyday things like grocery shopping, eating at a restaurant and more. Consider ways you can celebrate and honor military members or veterans in your community. It might be as simple as thanking a coworker for their service, writing a thank you note and dropping it off at your local VA or sending one virtually through Soldiers' Angels. You might also attend a Veterans Day parade or event in your community or simply ask a veteran about their service. These gestures can go a long way in helping veterans and service members feel seen and appreciated.

From volunteering your time and talent, to contributing your resources, there are many ways to honor former and current military members and their families this month.



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•East Age Well Center:
5660 Sioux Dr.
303-413-7290
Monday – Friday
8:00 a.m. – 4:30 p.m.

For more information about programs and services, visit www.boulderolderadultservices.com. Weekly newsletter sign-up: <https://bouldercolorado.gov/lets-age-well-newsletter>.

Scams of the Holidays. Online, Tuesday, November 7, 1:00 – 2:00 p.m. Learn about phone, email, mail, and in-person scams and frauds that pop up during the holidays and how to prevent identity theft.

Technology Workshop:

Podcasts. East Age Well Center, Monday, November 13, 11:00 a.m. – 12:15 p.m. Learn what podcasts are and how to access them. Participants must be at least 60 years old, have a city of Boulder address and bring their own device.

Colorado Poet Laureate. Online, Tuesday, November 14, 1:00 – 2:15 p.m. Join this online program for poetry reading and discussion with 2023-2025 Colorado Poet

Laureate Andrea Gibson. **Understanding Alzheimer’s and Dementia.** West Age Well Center, Wednesday, November 15, 11:00 a.m. - 12:30 p.m. Learn about the difference between Alzheimer’s and dementia, stages, risk factors, treatments available, and Alzheimer’s Association resources.

Health Effects of Holiday Treats and Sugar. East Age Well Center, Thursday, November 16, 10:00 – 11:15 a.m. Review ways to create a mind-body approach to better health and how to enjoy the holidays with foods that stabilize, instead of increase, blood sugar.

3rd Law Dance/Theater’s In Motion Project. West Age Well Center, Thursdays, 1:00 – 2:00 p.m. Movement classes for people living with Parkinson’s or other mobility concerns.

“Moment in Time” Performance. West Age Well Center, Friday, November 17, 2:00 – 3:30 p.m. Theater artists tell stories with music, puppets, masks, movement, and imagery.

Private Dance Lessons with Judy Kreith. East or West Age Well Center by appointment. Fees: R/NR \$50/\$63 per hour. For individuals or couples, learn to dance the waltz, salsa, foxtrot, swing and more. Call 303-441-3012.

Lafayette Senior Services

Call 303-665-9052 or email olderadults@lafayetteco.gov to register.

Flamenco Fitness Class

November 2 & 9, 11am-12pm
Have you ever wanted to explore Flamenco Dancing? Well, now you can! Join Mariana Ole for Flamenco Classes.

Colorado Train Museum

November 3, 9am-3pm
The Colorado Model Railroad Museum is a one-of-a-kind museum that has hundreds of railroad sceneries, more than 500 scale locomotives, 80 scale miles of train track, thousands of other handmade artifacts including around 28,000 handmade trees.

Fall BINGO!

November 7, 2-4pm
Join us for some fun fall themed BINGO! We will have treats and prizes Sponsored by TRU PACE. Registration is preferred but all are welcome.

Shopping Trip- The Promenade Shops at Centerra

November 8, 9:30am-3:30pm
Join us for a shopping day to purchase for yourself or your holiday needs! There are over 70 specialty shops and restaurants to choose from offering something for everyone. Visit any one of

our dog friendly stores, notable restaurants or simply enjoy a leisurely walk.

LYONS CLUB GLASSES

The Senior Center is proud to partner with our local Lyons Club to offer FREE sunglasses and reading glasses to seniors in need. Stop by the Senior Center if you need reading glasses or sunglasses on November 15th from 10-11am.

Thanksgiving Feast, Holiday Craft Fair and Vaccine Clinic

November 17, 12-2pm
Enjoy a delicious Thanksgiving Dinner and Holiday Craft Fair! Additionally, Boulder County Public Health will be available for vaccines. Please give thanks to the Lafayette Aging Foundation as they sponsor the meal. Lunch will include turkey, stuffing, and all the trimmings! Let’s give thanks for health and happiness to all! Entry to the Craft Fair only is free and open to all.



50 Plus Marketplace News Crossword Puzzle

November 2023
Answers page 7

1	2	3	4		5	6	7	8	9		10	11	12	13
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ACROSS

- 1 Serpents
- 5 Concerned with a specific subject
- 10 Comrade
- 14 Sweetheart
- 15 Monetary unit of Nigeria
- 16 Put down
- 17 Narrow ledge
- 18 Belonging to
- 19 Changed
- 21 Inflexible
- 23 Personally neat
- 24 Very modern
- 25 In this way
- 26 Prepared with almonds
- 30 Interweave
- 35 Average
- 36 Division of a school year
- 38 Area used for sports

DOWN

- 39 Indigo
- 41 Mother of Isaac
- 43 Harsh
- 44 Garments
- 46 Agricultural implement
- 47 Room within a harem
- 48 Company of actors
- 50 Gigantic
- 53 Speed contest
- 55 Head covering
- 56 Rapturous delight
- 60 Windpipe
- 64 Pertaining to the open seas
- 65 Which satellite of Jupiter discovered by Galileo in 1610, is that planet's third largest
- 66 Make healthy
- 67 As previously given
- 68 Antelope

- 70 Scottish Gaelic
- 71 To yield
- 72 Reposes
- 73 Network of nerves

DOWN

- 1 Title of respect for God
- 2 Propagative part of a plant
- 3 Capital of Suriname
- 4 Call for the presence of
- 5 Soon
- 6 Foolish
- 7 Hello there
- 8 Mountain spinach
- 9 Call to service
- 10 Bloodsucking insect
- 11 Acquire through merit
- 12 Monetary unit of Cambodia
- 13 Whirlpool
- 20 Unit of magnetic induction
- 22 Find the sum of
- 25 Patio
- 26 Away
- 27 Feudal estate
- 28 It is
- 29 Close
- 31 Unit of energy
- 32 The earth's atmosphere
- 33 Nematocyst
- 34 Porter
- 37 Mackerel shark
- 40 Monetary unit of Romania
- 42 Norse goddess
- 45 Mine prop
- 49 Simpler
- 51 Wood sorrel
- 52 Chocolate cake
- 54 Recurring series
- 56 Heroic
- 57 To yield
- 58 Sledge
- 59 Domesticated
- 60 Hue
- 61 Staffs
- 62 The Orient
- 63 On sheltered side
- 69 Similar to



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